YORK FITNESS MagAir R700

YORK FITNESS

INSTRUCTION MANUAL

02 / 2005 TWN

Product may vary slightly from the item pictured.

COMPLIES WITH EUROPEAN STANDARD EN 957 CLASS H

YORK Mag. Air R700

SAFETY GUIDELINES:

Please read and follow the following safety guidelines:
Before beginning any exercise program, you should consult with your doctor.
It is recommended that you undergo a complete physical examination.
Read this owner's manual and follow the instructions.

- **Assemble and operate the YORK Mag. Air R700 on a solid, level surface.**
- **Always use your YORK Mag. Air R700 in adequate space e.g., at least 2 ft. (60cm) clearance on each side and also behind the rower.**
- **Never allow children on or near the YORK Mag. Air R700.**
- **Always check the YORK Mag. Air R700 before using it, in particular make sure all parts are assembled, and nuts and bolts are tightened.**
- **Do not use the YORK Mag. Air R700 if the unit is disassembled in any way.**

WARNING: **Injuries could occur particularly to young children if the guards are removed and not correctly reinstated.**
WE DO NOT RECOMMEND THE REMOVAL OF THE GUARDS.
Always check the guards to ensure they are secured before use.
If guards are not secured tighten the screws of the guards.

- **Keep hands away from moving parts.**
- **The weight limit for this product is 242 lbs (110 kgs).**
- **Wear proper workout clothing: Do not wear loose clothing.**
- **Do not wear shoes with leather soles or high heels. Tie all long hair back.**
- **Do not rock the unit from side to side.**
- **Care should be taken when mounting and dismounting the unit.**
- **Do not place any liquids on any part of the unit.**
- **Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.**
- **Work within your recommended exercise level, do NOT work to exhaustion.**
- **If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY.**
- **Consult your physician immediately.**
- **TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages.**
  This product is a machine and contains moving parts which have been greased / lubricated and could leak.
  WE RECOMMEND YOU PLACE YOUR ROWER ON AN EQUIPMENT MAT.

The YORK Mag. Air R700 is designed for the use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have safe and pleasurable exercise regimen with the YORK Mag. Air R700.

CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your YORK Mag. Air R700 clean.

TOOLS REQUIRED

The tools enclosed in the carton are two allen keys.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

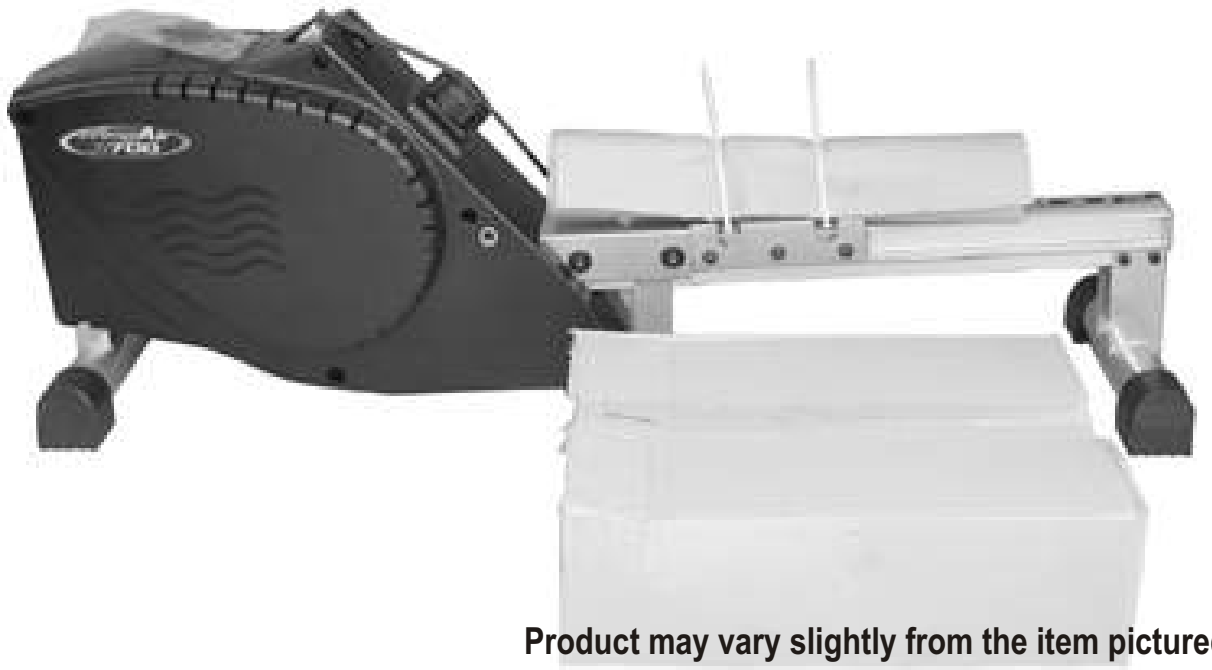
U.K.	AUSTRALIA	N.Z.
YORK FITNESS	YORK FITNESS	YORK FITNESS
HELP LINE (8:30am- 16:30pm)	**HELP LINE (8:00am- 16:00pm)**	**HELP LINE (8:30am- 16:30pm)**
YORK BARBELL (U.K.) LTD.	**YORK BARBELL (AUST.) LTD.**	**BERNSPORT (1995) LTD.**
CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND	UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA	PO BOX 33-973 TAKAPUNA, AUCKLAND NEW ZEALAND.
TEL: (01327) 701-824	TEL: (02) 9603-8444	TEL: +64-9-488-4750
FAX: (01327) 706-704	FAX: (02) 9603-8555	FAX: +64-9-488-4759
E-MAIL: helpdesk@yorkfitness.co.uk	E-MAIL: service@yorkfitness.com.au	E-MAIL: sales@bernsport.co.nz

GENERAL

WE RECOMMEND YOU HAVE SOMEONE ASSIST YOU IN LIFTING AND ASSEMBLING YOUR YORK Mag. Air R700.
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR R700 ROWER.

ASSEMBLY INSTRUCTIONS

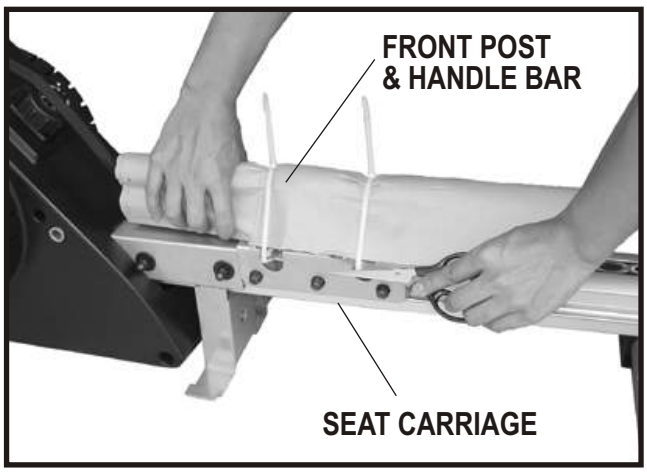
1.



Product may vary slightly from the item pictured.

- **Ask someone to help you remove all the parts of your YORK Mag. Air R700 Rower from the carton and place them on the floor carefully.**

2.



- **With one hand, hold the front post & handle bar package, with the other use scissors to cut off the cable ties fixed on the seat carriage as shown.**

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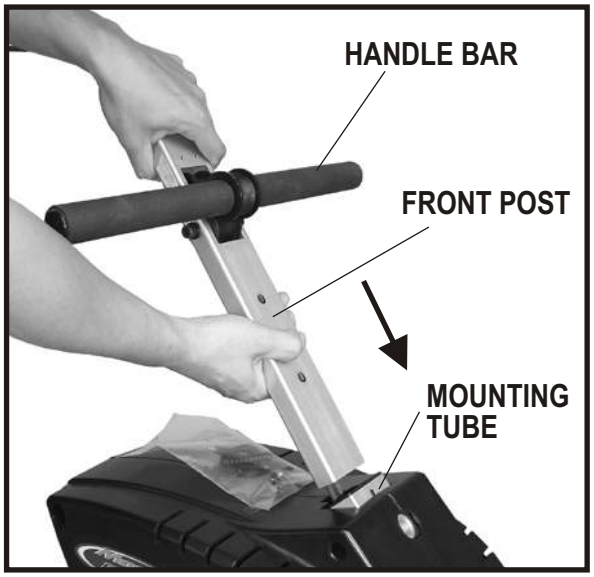
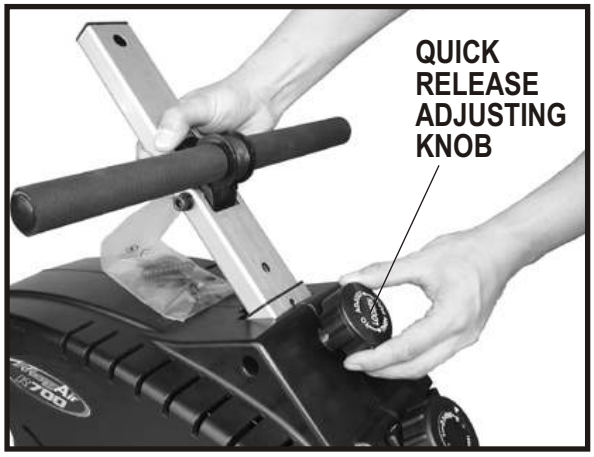
3.



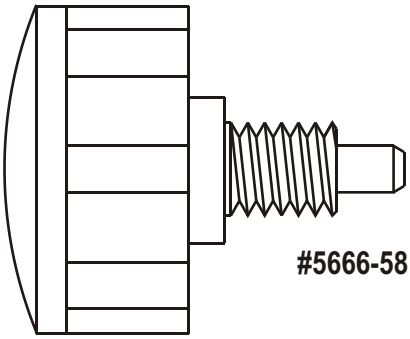
■ **Move away the packaging from the front post and handle bar carefully then insert it into the mounting tube on the main frame carefully as shown.**

<u>NOTE: TAKE CARE</u> to ensure the pulling strap does not get trapped or twisted when you attach the front post.

4.

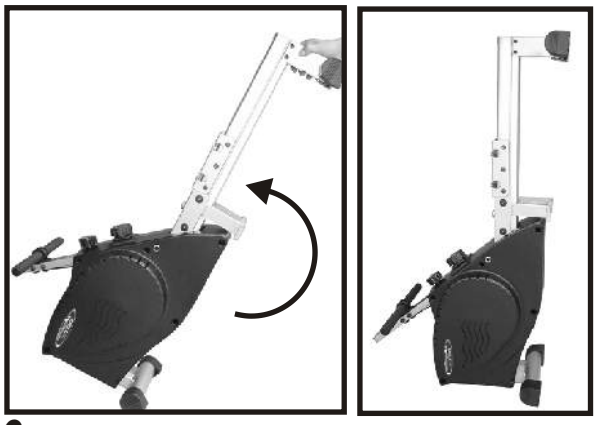


■ **Secure the front post at the desired height position with the quick release adjusting knob.**



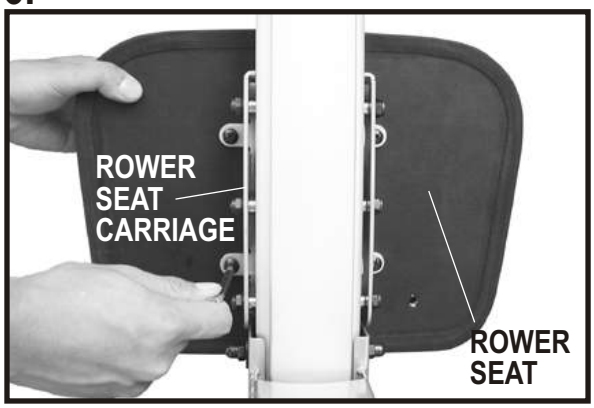
#5666-58 **X1**

5.

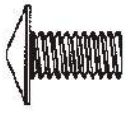


■ **Fold the rower from the rear stabilizer, and stand the whole rower vertically as shown.**

6.



■ **Attach the rower seat to the seat carriage and secure, using four machine screws.**



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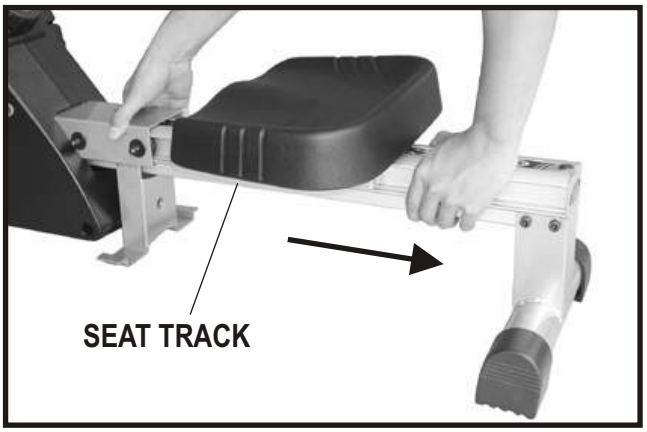
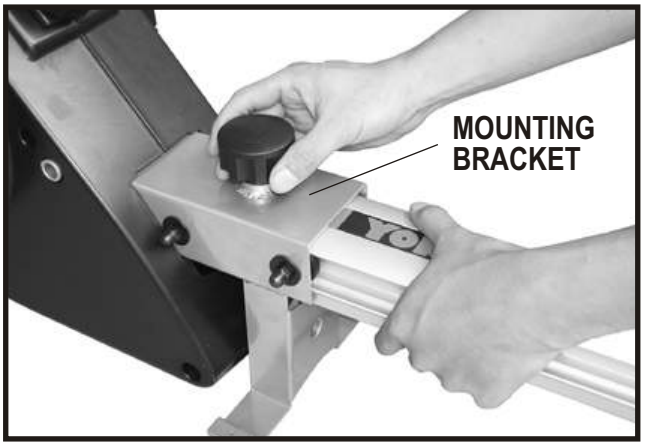
*** <u>SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.</u> ***

7.

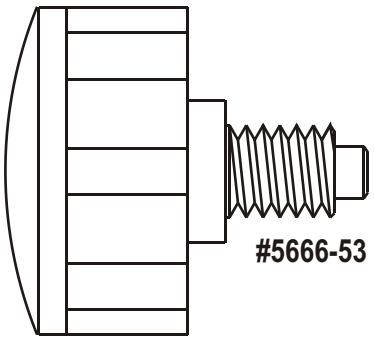


- **Fold down the whole rower on the floor carefully.**
- **Carefully, slide the seat track out from the main frame until you reach the end stop.**

8.



- **Secure the seat track to mounting bracket with the adjusting knob.**



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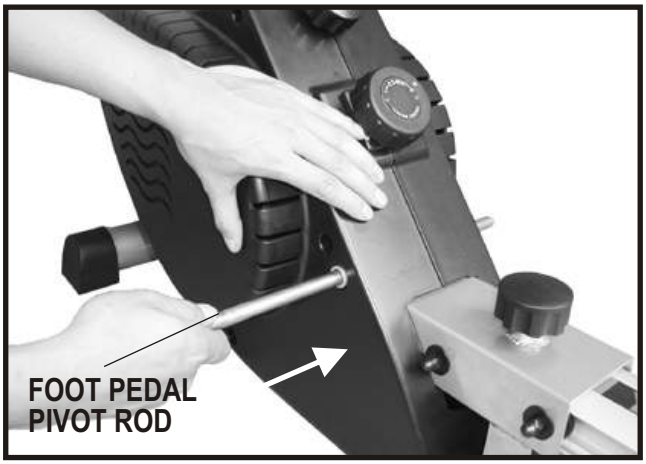
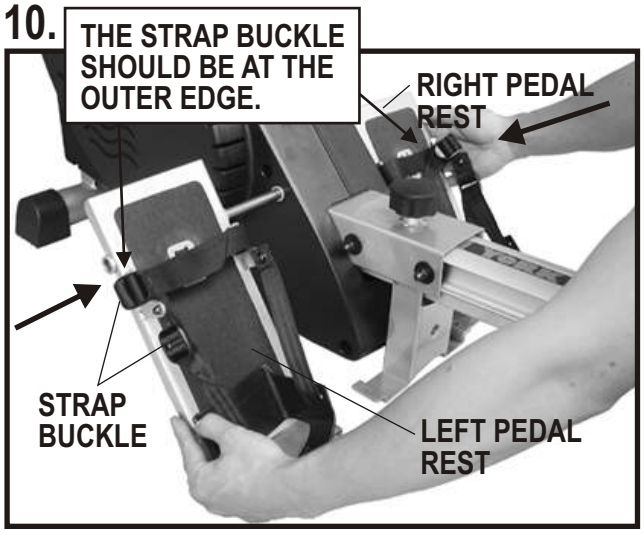
9.



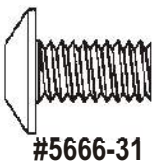
- **Slide the pedal pivot rod through the chain cover holes until an equal amount of the rod protrudes from each side.**

10.



- **Slide the left pedal rest onto the pivot rod and secure, using one allen head bolt. (HAND TIGHT ONLY)**
- **Slide the right pedal rest onto the pivot rod and secure, using one allen head bolt. (HAND TIGHT ONLY)**

NOTE: **The <u>strap buckles</u> should be fitted to the outside edge of the pedal rests for easy adjustment of the strap.**



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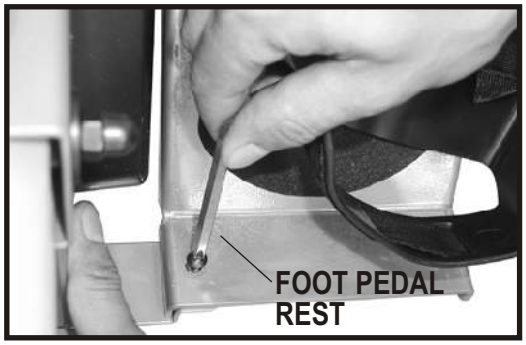
11.



- **The base of each foot pedal rest should sit on the central support bracket. Secure tightly using one self tapping screw for each foot pedal rest.**

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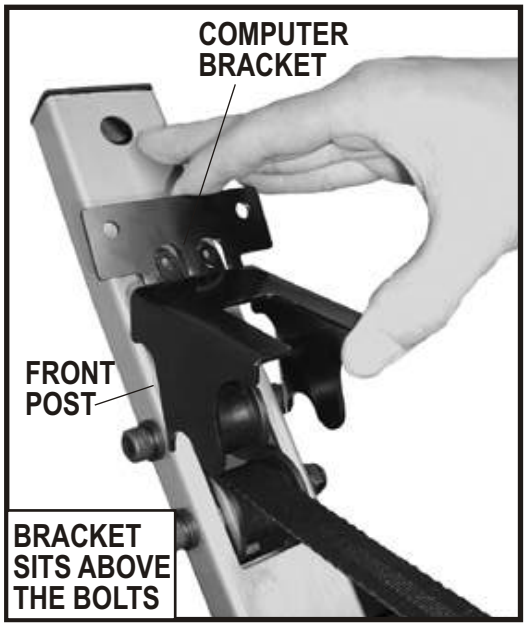
12.

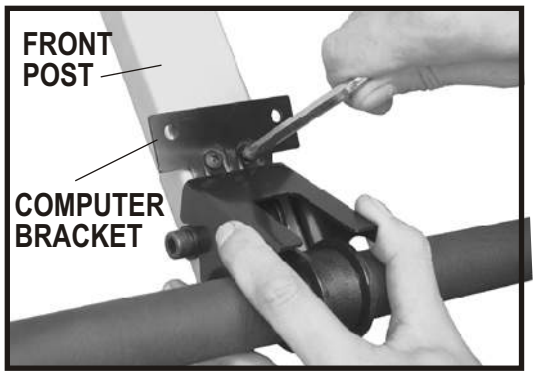
- **NOW, tighten both allen head bolts (at the same time) to secure both pedal rests in position.**

13.



- **Pull the handle bar & pulling strap outwards with your left hand and attach the computer bracket to the front post with your right hand as shown.**

14.



- **Secure the computer bracket to the front post with two self tapping screws.**

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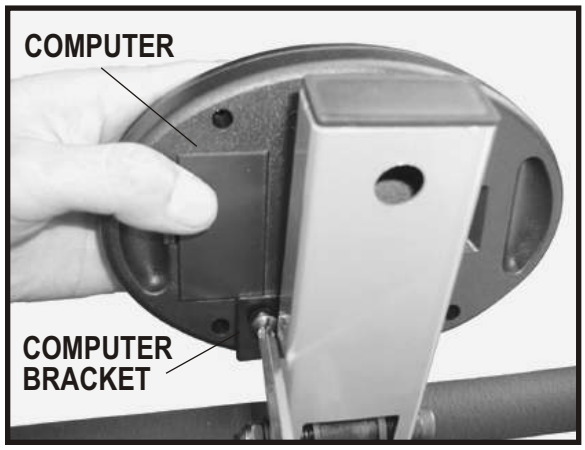
15.

■ **Insert two batteries (AA size 1.5V) into the compartment in the back of the computer.**

16.



■ **Attach the computer to the computer bracket and secure, using two machine screws.**
(The machine screws are located in the back of the computer console.)

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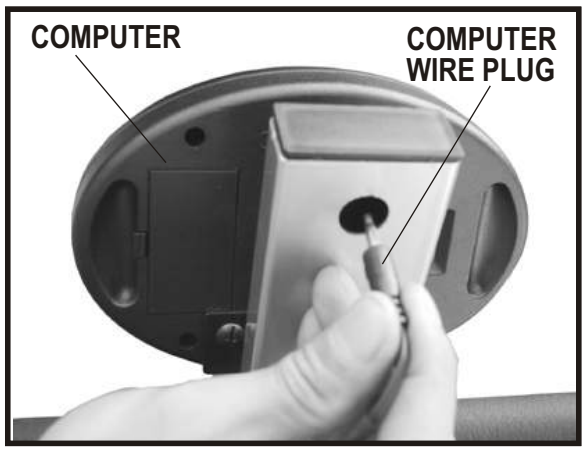
17.



■ **Plug the computer wire into the socket on the back of the computer through the front post.**

18.

■ **RECHECK THAT ALL OF THE BOLTS AND NUTS ARE TIGHTENED SECURELY FOR YOUR SAFETY AND COMFORT.**

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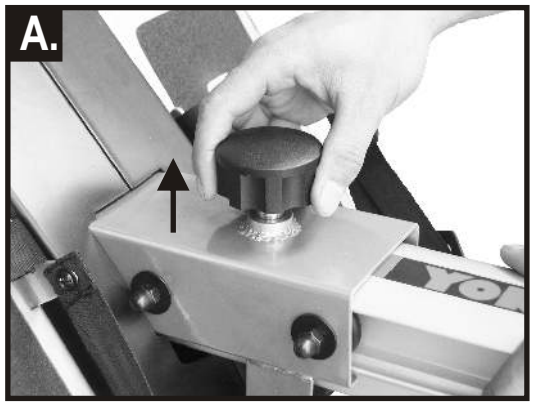
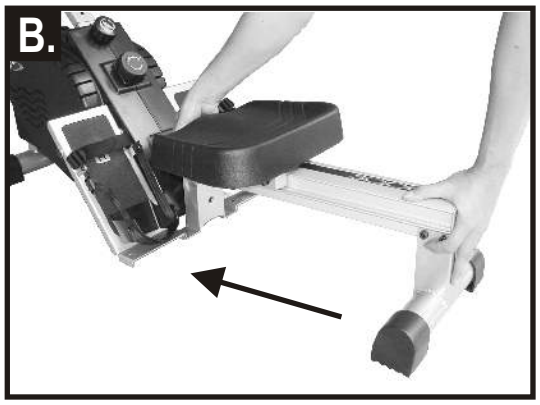
TO FOLD-UP THE YORK Mag. Air R700

A.



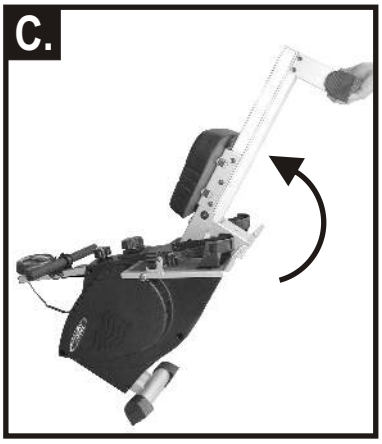
▲Remove the adjusting knob.

B.



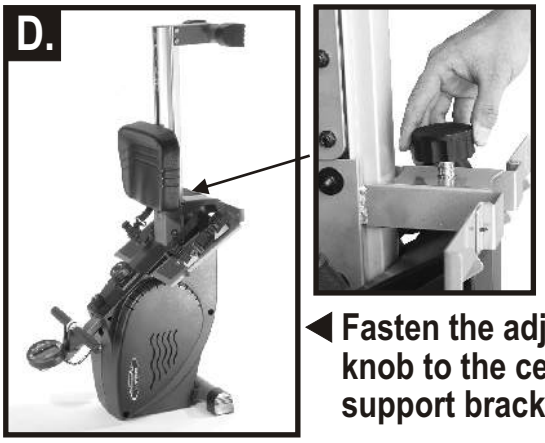
▲Push the seat track into the main frame.

C.



◀Raise the rower until standing vertical.

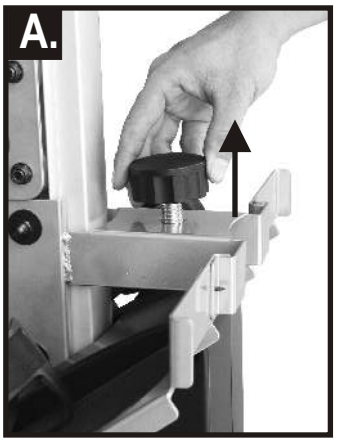
D.



◀Fasten the adjusting knob to the central support bracket.

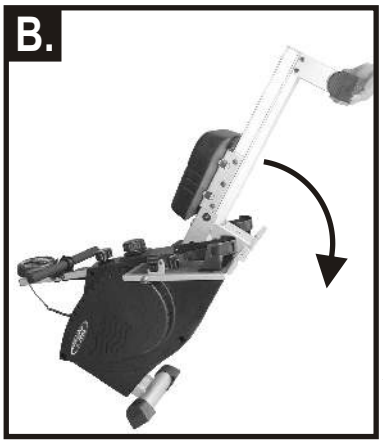
TO UNFOLD THE YORK Mag. Air R700

A.



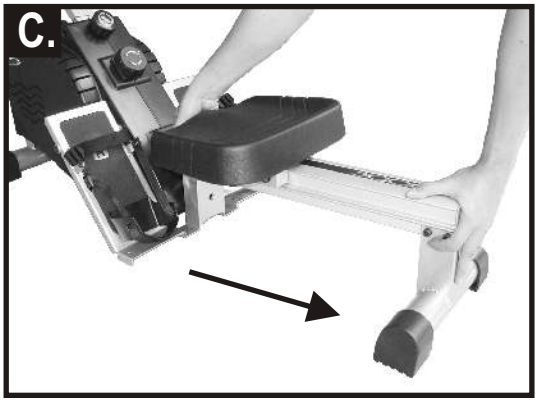
◀Remove the adjusting knob from the central support bracket.

B.



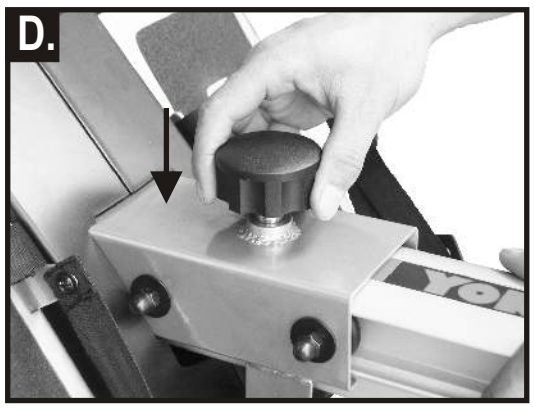
◀Carefully, lower the rower to the floor.

C.



▲Pull the seat track out from the main frame.

D.



▲Fasten the adjusting knob to the main frame and seat track, tighten firmly.

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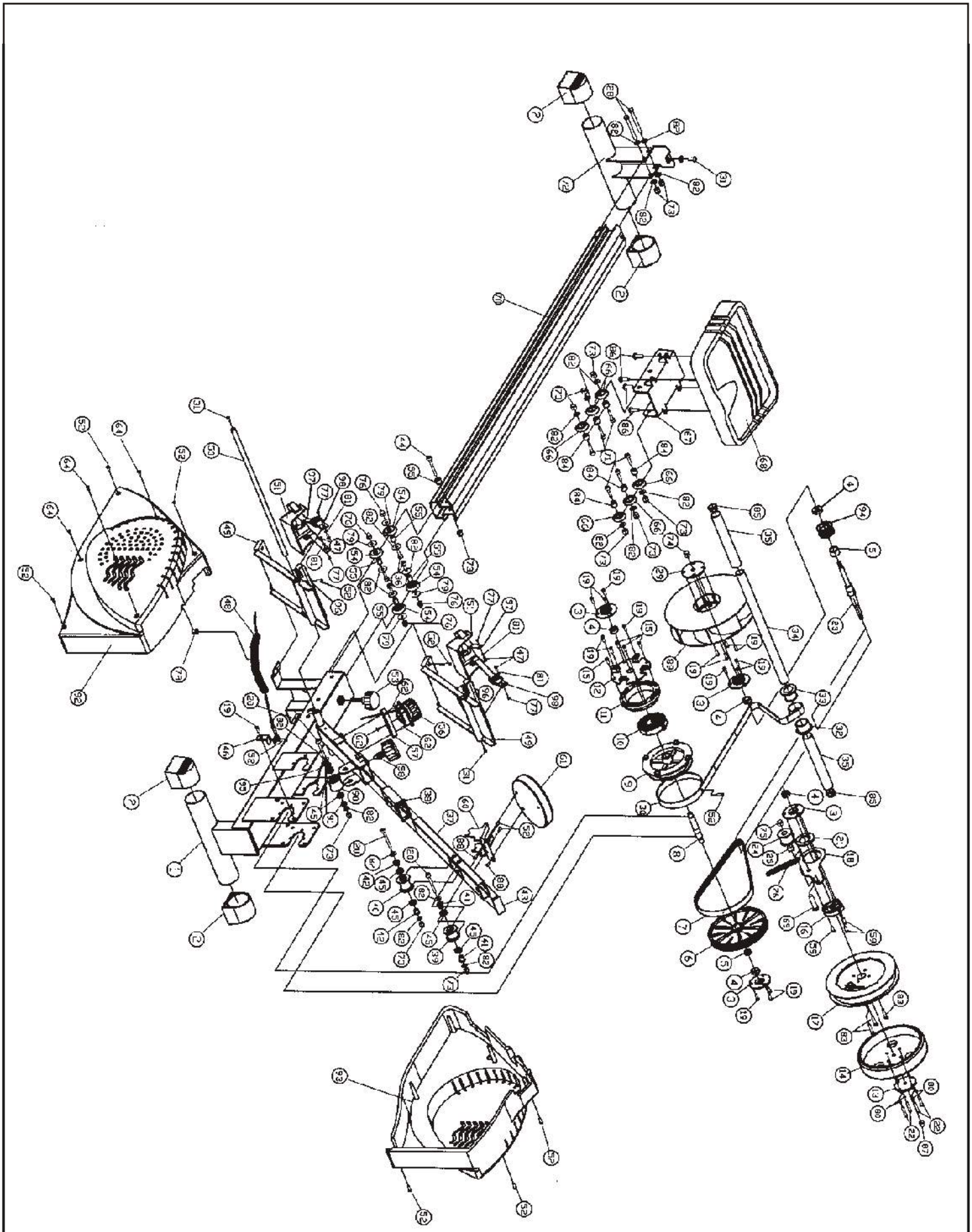
DESCRIPTION



PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5666-01	1	MAIN FRAME
2	5666-02	4	STABILIZER END CAP
3	5666-03	4	BEARING HOLDER BRACKET
4	5666-04	5	BEARING / 6001ZZ
5	5666-05	2	ONE WAY BEARING / NSK - FC 2016
6	5666-06	1	DRIVE BELT DISC WHEEL
7	5666-07	1	DRIVE BELT - RIBBED
8	5666-08	1	DISC WHEEL AXLE (106.5mm)
9	5666-09	1	PULLING STRAP DISC WHEEL
10	5666-10	1	SPRING COIL
11	5666-11	1	SPRING COIL HOLDER
12	5666-12	1	SPRING COIL FIXING BRACKET
13	5666-13	1	FLYWHEEL FIXING BRACKET
14	5666-14	1	FLYWHEEL
15	5666-15	4	M6 X 10mm MACHINE SCREW
16	5666-16	1	MAGNET HOLDER BRACKET
17	5666-17	1	MAGNET HOLDER
18	5666-18	1	JOCKEY PULLEY WHEEL BRACKET
19	5666-19	17	M6 X 12mm ROUND HEAD MACHINE SCREW
20	5666-20	3	M8 X 70mm HEXAGON HEAD BOLT
21	5666-21	1	SHAFT METAL SLEEVE
22	5666-22	4	M5 X 20mm ROUND HEAD MACHINE SCREW
23	5666-23	1	FLYWHEEL PIVOT AXLE
24	5666-24	1	JOCKEY PULLEY WHEEL
25	5666-25	1	WHEEL BUSH
26	5666-26	1	SPRING
28	5666-28	2	M8 X 75mm HEXAGON BOLT (HALF THREAD)
29	5666-29	1	AIR FAN FIXING BRACKET
30	5666-30	1	PULLING STRAP
31	5666-31	3	M8 X 15mm ALLEN HEAD BOLT
32	5666-32	1	PULLING STRAP HOLDER SLEEVE (OUTER)
33	5666-33	1	PULLING STRAP HOLDER SLEEVE (INNER)
34	5666-34	1	PULLING HANDLE BAR
35	5666-35	2	HANDLE BAR FOAM GRIP
36	5666-36	4	M8 X 35mm HEX HEAD BOLT
37	5666-37	1	ADJUSTABLE TOP SUPPORT
38	5666-38	1	TOP SUPPORT INSERT
39	5666-39	1	TOP STRAP ROLLER (NARROW)
40	5666-40	1	LOW STRAP ROLLER (WIDE)
41	5666-41	2	ROLLER SPACER (LONG)
42	5666-42	2	ROLLER SPACER (SHORT)
43	5666-43	1	TOP SUPPORT END CAP
44	5666-44	1	M8 X 60mm HEXAGON HEAD BOLT
45	5666-45	6	ROLLER BEARING / 608ZZ
46	5666-46	1	SENSOR BRACKET
47	5666-47	4	M5 X 15mm MACHINE SCREW
48	5666-48	1	COMPUTER WIRE

KEY NO.	PART NO.	Q'TY	DESCRIPTION
49	5666-49	PAIR	FOOT PEDAL REST (L & R)
50	5666-50	1	FOOT PEDAL PIVOT ROD
51	5666-51	2	HEEL BRACKET
52	5666-52	12	M4 X 12mm SELF TAPPING SCREW
53	5666-53	1	HAND WHEEL KNOB
54	5666-54	4	EXTRUSION TRACK ROLLER
55	5666-55	5	ROLLER SLEEVE
56	5666-56	1	TENSION CONTROL
57	5666-57	1	TENSION CONTROL BASE
58	5666-58	1	QUICK RELEASED KNOB
59	5666-59	3	M6 X 15mm ROUND HEAD MACHINE SCREW
60	5666-60	1	HANDLE BAR HOLDER
61	5666-61	1	COMPUTER
62	5666-62	3	M5 X 15mm MACHINE SCREW
64	5666-64	3	3/16" X 7/8" SELF TAPPING SCREW
66	5666-66	6	SEAT CARRIAGE ROLLER
67	5666-67	1	SEAT CARRIAGE BRACKET
68	5666-68	1	ROWER SEAT
69	5666-69	1	M10 X 40mm HEX HEAD BOLT
70	5666-70	1	ROWER EXTRUSION SEAT TRACK
71	5666-71	6	M8 X 30mm HEX HEAD BOLT
72	5666-72	1	REAR STABILIZER
73	5666-73	12	M8 NYLON LOCKNUT
74	5666-74	1	3/8" THIN NYLON LOCKNUT (CLOCKWISE)
75	5666-75	1	M10 NYLON LOCKNUT
76	5666-76	4	M8 CAP NUT
77	5666-77	4	M5 NYLON LOCKNUT
78	5666-78	1	COMPUTER WIRE CLIP
79	5666-79	4	8.2mm X 26mm X 2mm FLAT WASHER
80	5666-80	4	#5 SPRING WASHER
81	5666-81	4	3/16" X 12mm X 1mm FLAT WASHER
82	5666-82	18	8.2mm X 16mm X 1.5mm FLAT WASHER
83	5666-83	3	M5 X 20mm MACHINE SCREW ASSEMBLY
84	5666-84	6	METAL SLEEVE (10mm LONG)
85	5666-85	2	HANDLE BAR END CAP
86	5666-86	4	M6 X 12mm MACHINE SCREW
87	5666-87	1	3/8" THIN NYLON LOCKNUT (ANTI - CLOCKWISE)
88	5666-88	2	M5 X 12mm MACHINE SCREW
89	5666-89	1	AIR FAN
90	5666-90	1	FRONT STRAP ROLLER (CURVED)
91	5666-91	2	ROLLER SPACER (SHORT)
92	5666-92	1	RIGHT SIDE COVER
93	5666-93	1	LEFT SIDE COVER
94	5666-94	1	BOTTOM DRIVE BELT ROLLER
95	5666-95	1	SENSOR WIRE FIXING HOLDER
96	5666-96	2	TOP FOOT PEDAL STRAP ASSEMBLY
97	5666-97	2	HEEL BRACKET STRAP ASSEMBLY (LONG)
98	5666-98	2	HEEL BRACKET STRAP ASSEMBLY (SHORT)

SETTING FUNCTIONS

You can set a target TIME or DISTANCE or CALORIE on your computer.
When you start exercising the computer will begin to count down from your target to zero.
When it reaches zero an alarm will beep.

TIME/500M The time that is needed to achieve 500 metres is automatically calculated by stroke index and displayed.
Press **MODE** to change to next function if required.

STROKE INDEX The STROKE INDEX is automatically calculated and displayed when the rower is in use.
STROKE INDEX is based on the RPM of the drive wheel, the faster the wheel revolves the higher the value.
The STROKE INDEX should be used as a guide to pace.
Press **MODE** to change to next function if required.

TIME Counting commences when the YORK Mag. Air R700 is active. *(Max. 99:59 MIN).*
To set timer countdown select "TIME" using **MODE** key.
Enter required time target by pressing **SET** key. *(Max. 99:00 MIN).*
Press **MODE** to change to next function if required.

DISTANCE Distance is automatically displayed in KMS or MTS when the YORK Mag. Air R700 is in use. *(Max. 999.9 KM).*
To set target distance select 'DISTANCE' function using **MODE** key.
Enter desired distance by pressing **SET** key. *(Max. 999.0 KM).*
Press **MODE** to change to next function if required.

CALORIES Approximate calories consumed is displayed, once the YORK Mag. Air R700 is in use. *(Max. 9999 CAL.)*
To set target consumption select "CALORIE" using **MODE** key.
Enter target calories to be consumed using **SET** key. *(Max. 9995 CAL.)*
(This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
Press **MODE** to change to next function if required.

NOTE:

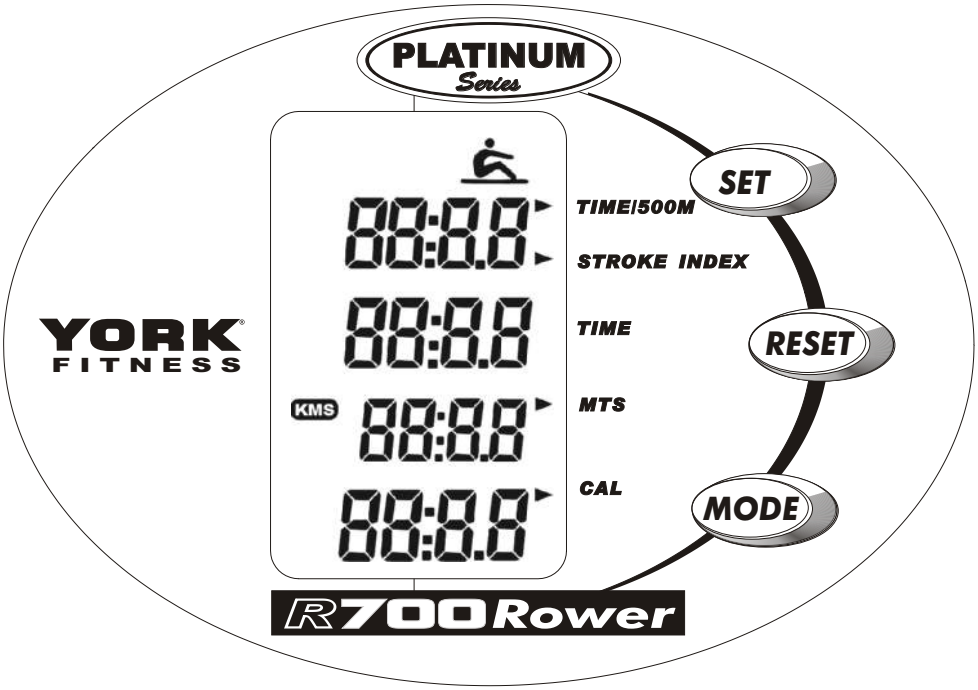
1. When targets / limits have been reached an alarm will sound.
2. Without any signal for 4 minutes, the LCD display will shut off automatically, with all values set to zero.
   Press any key or start rowing to reactivate.
3. The mode function will only work when all activity has stopped.
4. If the display becomes faint, replace the batteries.
5. Battery spec: 2 x AA size 1.5V.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

YORK Mag. Air R700
COMPUTER INSTRUCTIONS

INTRODUCTION

Your computer is ideal for monitoring your performance and setting yourself targets.
By measuring your performance you can ensure you exercise within your range.
At the same time you can monitor closely your improving condition and fitness.



TO START/ **Press SET key to activate the computer.**
The computer will automatically start when you exercise.

FUNCTION KEYS

MODE: **Before exercising, press MODE key to select the desired speed measurement and press SET to confirm, the options are:**

TIME / 500M or STROKE INDEX
KMS or MTS

Press the MODE key to alternate between options.
The selected function will "flash" when chosen in the following order:

TIME/500M (STROKE INDEX) ▶ TIME ▶ DISTANCE ▶ CALORIE

SET: **Press the SET key to allow you to set the target values for TIME, DISTANCE or CALORIE.**
Please make sure computer is in the "STOP" status, before using this key.
If you press this key continuously the digit value will increase quickly.

RESET:
1. **Press the RESET key to reset the target value of each single mode from computer.**
2. **Press and hold the RESET key for several seconds to reset all of the target values in computer.**

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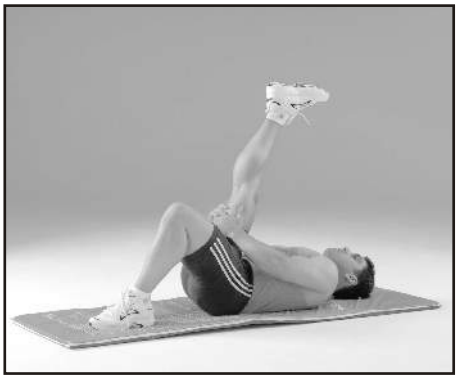
STRETCHING EXERCISES

PECTORALS
Lace fingers and with abdominals pulled firmly in and knees slightly bent ease arms away from you. Hold for 8-10 seconds or until muscle eases.

QUADRICEPS STRETCH
With one hand, hold lace of shoe, knees together, stand tall with abdominals engaged. Squeeze hips slightly forward to increase the stretch. Hold for 8-10 seconds or until muscle eases.

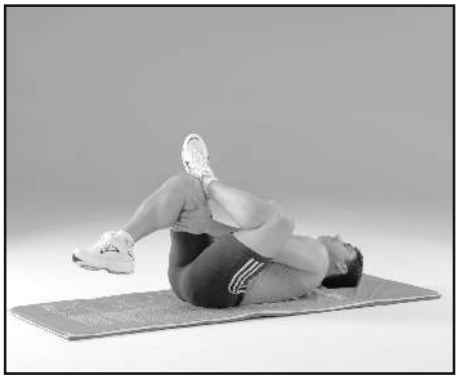


HAMSTRING STRETCH
Holding back of thigh with leg straight, gently ease leg towards chest hold and increase stretch gently. This stretch can be developed slowly 20-30 seconds.

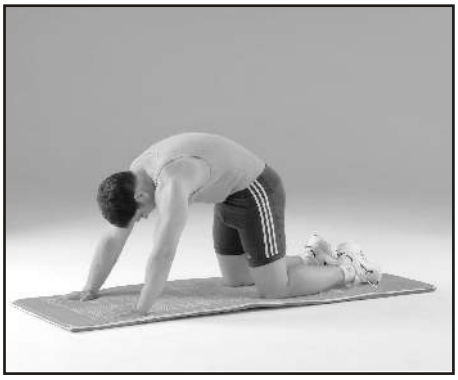
TRICEP STRETCH
Engage abdominals and drop fingers down back pressing gently on fleshy part of arm until stretch is felt in tricep area. Avoid arching back.

DELTOID STRETCH
Take arm across body at shoulder height. Press gently on fleshy part of arm above elbow until you feel a stretch in shoulder area. Hold for 8-10 seconds.

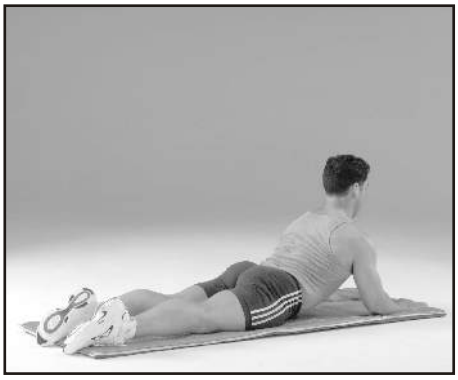
CALF STRETCH
Take leg back ensuring toe point in directly forward. Rest hands on thigh. Hold for 8-10 seconds or until muscle eases.



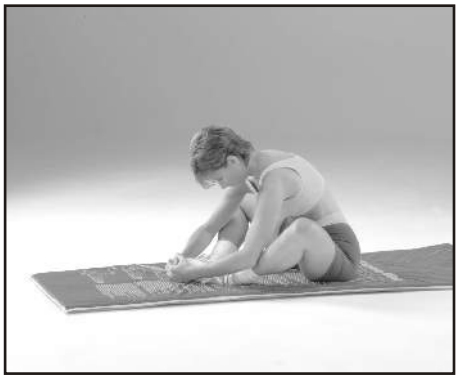
GLUTEALS
Cross one ankle over opposite knee, using hands lift leg off floor to increase stretch if necessary. Hold for 8-10 seconds.



CAT STRETCH
Starting with a neutral not arched spine lift back up towards ceiling hold for 8-10 seconds return to neutral spine.



ABDOMINAL STRETCH
Lengthen and gently lift upper body keeping head in line until stretch felt. Hold for 8-10 seconds.



INNER THIGH & LOWER BACK STRETCH
Sit with soles of feet together. Sit tall and gently lean forwards until a stretch is felt. Hold of 8-10 seconds.

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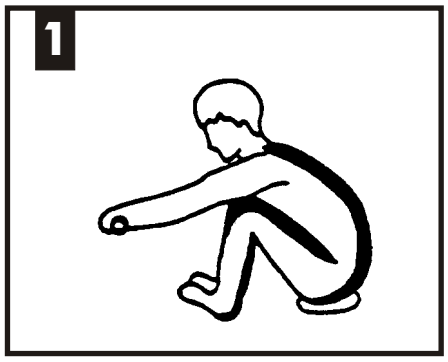
EXERCISE GUIDE

BEFORE EXERCISING CHECK:

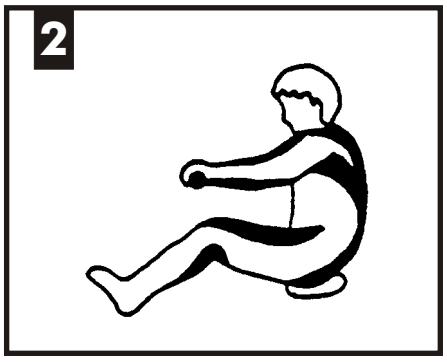
- You have adequate space ie.at least 2ft. (60cm) clearance on each side.
- Check all bolts and locking pins are secured and protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.
- Always use your YORK Mag. Air R700 on a flat, level, solid surface.
- Always work within your exercise level, do not work to exhaustion.
- If you feel pain or unwell STOP YOUR WORKOUT IMMEDIATELY.
- Injuries to health may result from incorrect or excessive training.
- Please make sure you have read the safety guidelines.

Rowing is an extremely effective form of exercise.
It strengthens the heart, improves circulation, as well as exercising all the major muscle groups - back, waist, arms, shoulders, hips & legs.
The pictures below show the muscle groups in use during each stroke.

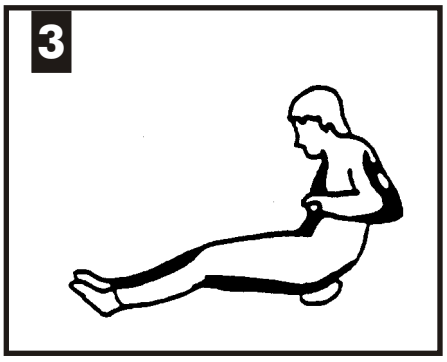
HOW TO ROW



Take up the initial position leaning forward, knees bent and arms straight.



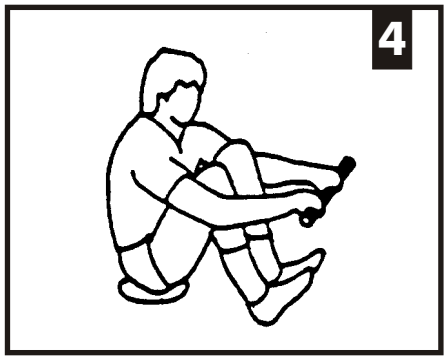
Push yourself backwards, straightening your back and legs at the same time.



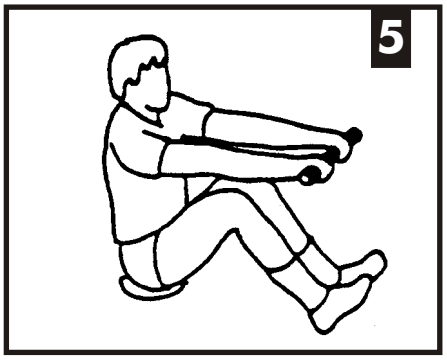
Continue movement until you are leaning slightly backwards, bending the arms at the same time. Return to 1 and repeat.

ALTERNATIVE EXERCISE

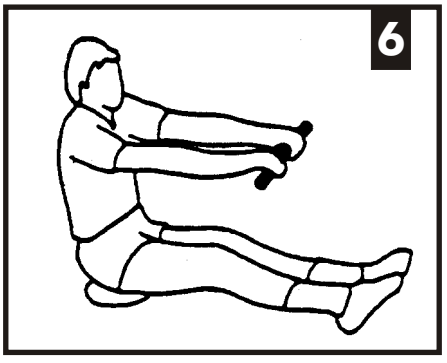
LEG ONLY ROWING



This exercise will help tone and strengthen the muscles in your legs and back. With your back straight and arms outstretched, bend your legs until the row arms are in the starting position 4.



Use your legs to push your body back whilst keeping your arms and back straight, slowly return to starting position and repeat.



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EXERCISE GUIDE

FITNESS

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles.
Your muscles use this oxygen to provide enough energy for daily activity.
This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently.
This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.
This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life.
When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

HOW TO IMPROVE YOUR FITNESS

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.
You can measure your heart rate by taking a pulse reading.
Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.
To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.
The area between these 2 levels is called the **target zone.**
It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration.
Ideally you should aim to exercise (within zone) for at least 15-20 minutes continuously,
3-4 times per week.

CAUTION

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.
IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35-40 AND NOT CURRENTLY TAKING REGULAR EXERCISE THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.

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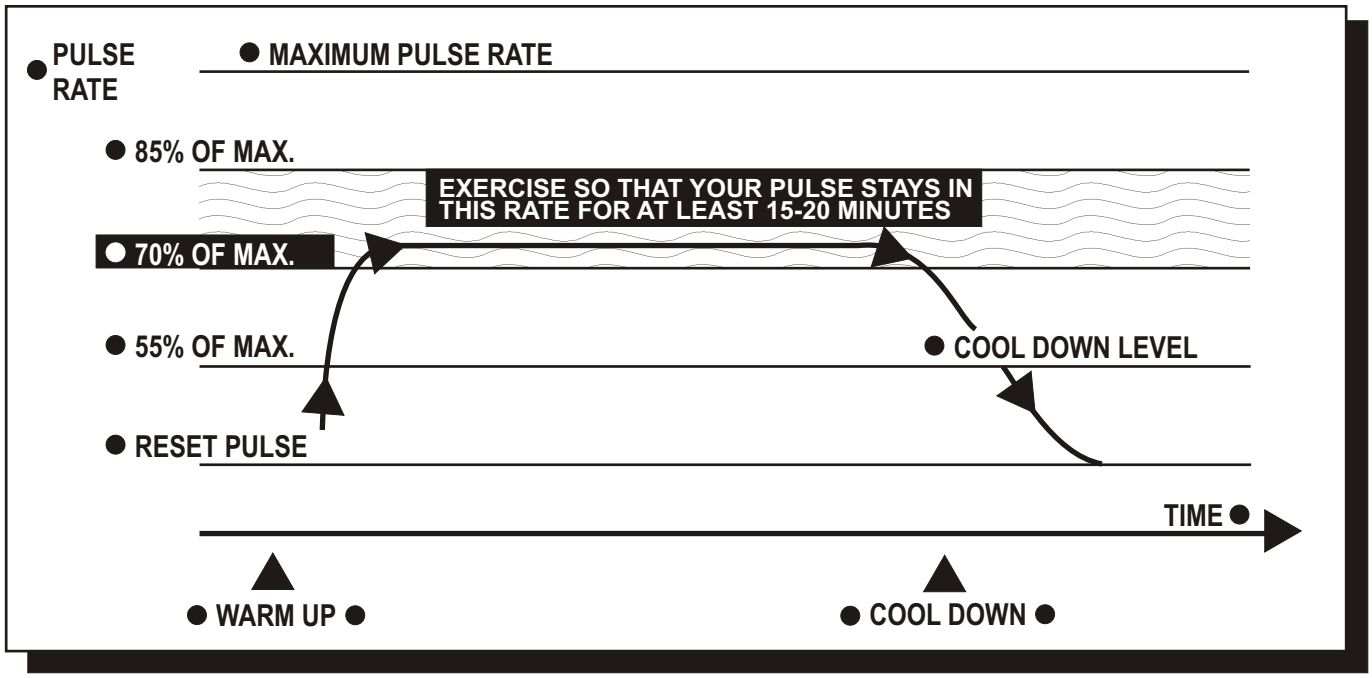
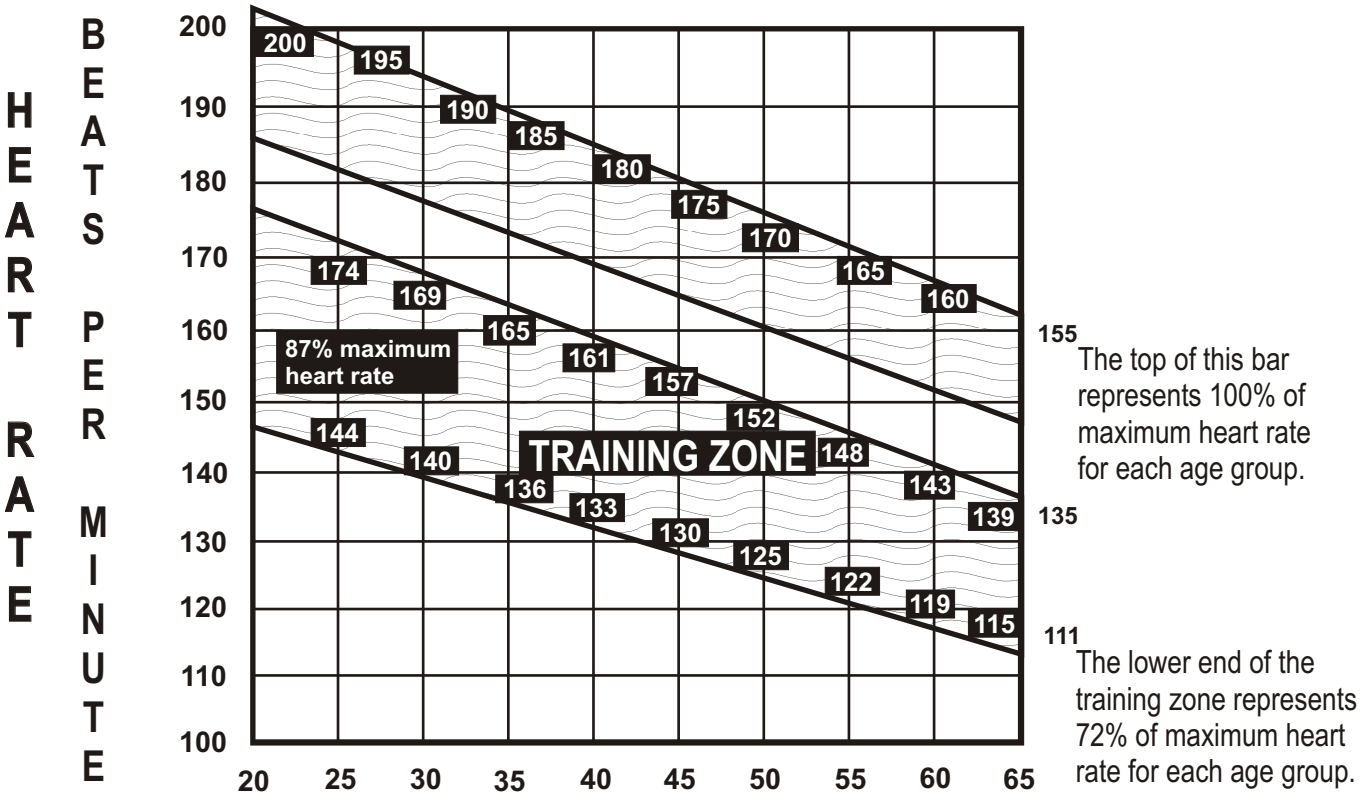
TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.



AGE IN YEARS

FIND YOUR OWN EXERCISE PULSE RATE RANGE BY MOVING UP THE VERTICAL LINE FOR YOUR AGE.

Example: Age 40, the vertical line meets the 70% level at about 128 and the 85% level at about 154, pulse rate should remain between these values. Use this graph to determine your personal target zone.

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HOW TO MONITOR YOUR HEART RATE DURING EXERCISE

Now that you know where your training zone is, you'll I have to monitor yourself to be sure you're in it. Here's a simple rule, if you can't hold a conversation without gasping for breath you're probably above your training zone.

To know precisely where you're working - making sure you're getting all the benefits -
We recommend you check your heart rate periodically throughout your workout.
You can use the electronic pulse monitor which will count and display your heart rate for you.

CONTROL YOUR PULSE RATE TO KEEP WITHIN ZONE

How hard you exercise affects your pulse rate, it is determined by two thing:

1. Rate: How fast you exercise.
e.g. Speed you cycle, run or step.

2. Load: The resistance against which you exercise.
e.g. Tension you apply on cycle, step or run up hill.

THE PULSE RATE RULES

If your pulse rate is too low exercise faster or increase load.
If your pulse rate is too high exercise slower or decrease load.
If your pulse rate goes up towards the end of your exercise, you are trying to exercise for too long, shorten the time.
If your pulse rate does not quickly return to normal after exercise (5-10 minutes) you are not giving your body chance to recover, reduce how often you exercise.

REMEMBER - GENERAL FITNESS IS BEST IMPROVED BY INCREASING HOW LONG YOU EXERCISE RATHER THAN BY HOW HARD.

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HOW LONG TO EXERCISE?

To qualify as a true aerobic exercise with all the benefits we're mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we'recommend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard.
You should never feel exhausted during or following exercise.

TEST YOUR FITNESS LEVEL AND CHECK YOUR PROGRESS

You can use your computer to control your exercise intensity and to monitor your progress.

The time it takes for your pulse to return to normal, after exercise, is an indicator of your fitness level. During the first minute of your cool-down phase you will experience a drop in your pulse rate.
The bigger the drop in that minute -- the fitter you are.

TO CHECK YOUR PROGRESS:

1. Monitor your pulse rate the moment you end the aerobic phase of your workout and note your pulse rate.

2. Begin slowing down for the cool down phase.

3. After 60 seconds note the rate again.

The bigger the drop in that minute-the fitter you are.

To check your progress repeat this test every few weeks using the same duration and exercise intensity each time.
Keep a record of the results to help you monitor your progress.

YORK BARBELL LIMITED WARRANTY INFORMATION

- **YORK BARBELL LTD. warrants this product to be free from defects in workmanship and material, under normal use and conditions, for a period of one year from date of original purchase. In addition, YORK BARBELL LTD. Offer a lifetime frame / chassis warranty.**

- **This warranty covers the product of home/domestic use only, not commercial or rental and it extends only to the original purchaser of the product. The retention of the original sales receipt is necessary as proof of purchase.**

- **York Barbell Ltd will not be responsible for damages or failures that occur as a result of improper assembly, adjustment or failure to operate the product correctly as detailed in the manual.**

- **This warranty does not cover misuse, abuse, freight damage and/or alterations or repairs not made by York Barbell Ltd or a recommended service centre.**

- **During the warranty period, York Barbell will at no additional charge, replace parts or repair the product if it becomes defective, malfunctions, or otherwise fails to conform to this warranty under normal, non commercial use.**

- **In the unlikely event of a problem occurring, please contact your local York Barbell authorised dealer. Please have your proof of purchase ready. If the problem cannot be fixed by sending parts you will need to arrange to send the goods to a York authorised repair centre at your cost. Returns will not be accepted without a written authorization by a York Customer Service Department.**

WARRANTY REGISTRATION

- **It is strongly recommended that you complete the warranty card enclosed with your product and return it to your authorized local YORK dealer.**

U.K.	AUSTRALIA	U.S.A.
YORK FITNESS **HELP LINE (8:30am- 16:30pm)** **YORK BARBELL (U.K.) LTD.** CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	YORK FITNESS **HELP LINE (8:00am- 16:00pm)** **YORK BARBELL (AUST.) LTD.** UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au	YORK FITNESS **HELP LINE (8:00am- 17:00pm)** **YORK BARBELL USA.** 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com
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Mail this portion with a copy of your receipt.

Date of purchase .....

Purchased from (name of retailer) .....

Item Purchased .....
(see front cover of manual)

Name .....

Address .....

.....

Telephone number .....

YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVIDE PROOF OF THE ORIGINAL PURCHASE.

This can be the receipt, invoice, delivery note or internet confirmation.

MAIL THIS PAGE TO YOUR LOCAL YORK DEALER

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YORK FITNESS

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PARTS ORDER FORM

Enclose a check or money order with this form for replacement parts.

Date of purchase _____

Name of location where purchased _____

Model number of item purchased _____

Last name, First name _____

Telephone number _____

Address _____ **City** _____ **State** _____ **Zip** _____

Part No.	Q'ty	Part Description	Unit Price	Total
			Total of order	$

Send your order to:

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